



Upcoming Events

- **May Skippy+ Dental Clinics**
5/3-5 Telluride Elementary
5/8-11 Telluride Intermediate School
5/15-17 Naturita Elementary School
- **Youth Mental Health First Aid Class - Free Class!**
Ouray Community Center
May 31st, from 8am-5pm. To sign up, call Tanner Kingery at (970) 325-4670
- **Nucla/Naturita Spring Clean Up**
May 20th, 9am to 12:00pm, Volunteers Lunch included. Call Kevin Zappia at (970) 428-1099
- **Free Legal Help Wilkinson Public Library May 11, 2-3pm** First come, first serve

Read about all of TCHNetwork and other community events at tchnetwork.org/press-events

Have an event you would like to promote in upcoming newsletters? Email details to info@tchnetwork.org

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Welcome

MAY spotlights Paul Reich, our Behavioral Health Program Manager. Read Katie Mackays' accompanying article: Teletherapy Program is piloted in the Telluride School District. Nucla High School Students volunteer to build wheelchair ramp for community members in need and shopping the cost of medical procedures.

Teletherapy in the School District

In a region with a severe shortage of behavioral health specialists -- only one mental health provider for every 6,000 individuals -- and a staggering one psychiatrist for every 20,000 individuals -- it is clear that there is a significant need to increase access to behavioral health services in the tri-county area.

Tchnetwork is working towards increasing behavioral health services by utilizing cutting-edge, innovative solutions: our teletherapy program is now taking place in the Norwood and Telluride school districts.

Teletherapy utilizes communication technology to allow patients to receive therapy without seeing a therapist in-person. This is done using secure video hookups, critical in ensuring the patient's privacy is secure. Live-stream technology-teletherapy works similar to "video chat" services but again, the patient's privacy is 100% secure.

When the program was launched, everyone was a little anxious; therapy via real-time video over the internet? What if students hate the interface? What if the

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TCHNetwork Spotlight Paul Reich



As the Program Manager for Behavioral Health I am engaged in implementing new solutions in mental health. I am a trained Youth Mental Health First Aid Instructor, a program to educate those who work with youth ages 12 to 18 and I am engaged in implementing new solutions in mental health through teletherapy. Read more: Teletherapy in the School District.

Insurance Corner Shopping for Procedures

Save money on medical procedures. Insurance companies contract to get better prices at certain facilities for tests like x-rays and MRIs. Save money by asking your health insurance carrier for the best priced facility in your area. It won't always be worth the drive, but it might. You won't know until you ask.

Teletherapy cont from pg. 1

therapists do not feel comfortable continuing their services?

However, after the first day it was clear: this program is going to make positive differences in young peoples' lives.

Every student that has signed-up to receive treatment has decided to continue therapy after their initial visit, a great indicator that they are benefiting from and enjoying the teletherapy service.

The students all commented how comfortable the therapy interface was; several students even remarked that they actually felt more comfortable in this setting vs. being physically present in a therapist's office.

The program has also been a

success across ages and genders; one male student was so happy with his experience that he shared it with a group of his peers. Another student shared that this service made her feel supported when she was being bullied.

Not only is the program reducing the stigma associated with mental illness, but it is teaching youth and young adults that it is healthy to share their emotions and seek help when they need it.

Telemedicine is changing the way rural, frontier, and even urban communities are accessing affordable and excellent health-care, and TCHNetwork is honored to be a part of pioneering teletherapy in our rural community.

For more information about this

opportunity, contact Paul Reich at 970-708-1012.

-Katie Mackay, VISTA Volunteer, TCHNetwork

Never give up on someone with a mental illness. When "i" is replaced by "we", "illness" becomes "wellness".

Follow Us

Stay up to date on TCHNetwork and community partner events!

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TriCountyHealthNetworkTelluride

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@TCHNetwork_CO

Bridging the Generations in the Westend

Nucla High School Students Volunteer to Build Wheelchair Ramp for Community Members in Need



While most students spend spring break catching up on ZZZ's and their favorite TV shows, six Nucla High School (NHS) students woke up early Tuesday morning and set out to build a much-needed wheelchair ramp for a local Nucla resident through Tri-County Health Network's (TCHNetwork) Bridging Generations Project. The students learned how to measure out and cut wood with a circular saw, plan out appropriate spacing between support beams, determine how much concrete is needed to secure the posts in place, secure posts together with the proper length screws, deter-

mine the angle of the ramp, and much more. When asked what their motivation for volunteering was, the students all agreed they felt passionate about the cause, and wanted to give back to the community and neighbors they love. Cheyenne Joseph said she volunteered "to give back to those in need, and it's also really fun to learn about the process such as the different wood cuts that go into constructing a ramp." Her classmate, Caitlyn Littlejohn, agreed, adding, "I'm learning a lot about the construction process and how to work together as a team to help others."

NHS has supported the project every step of the way. According to NHS principal Clint Wytulka, "We want to give students unique opportunities to learn. Collaborating with local businesses and nonprofits to give students real-life experiences and a chance to give back is a priority for us." He

continued by saying, "Some students learn from textbooks, and others learn kinesthetically, such as by finding the horizontal displacement necessary for a ramp to be built with angles that are up to code." For those reasons, NHS is giving classroom credit to the student volunteers—credit that can go towards a variety of subjects.

Len Spina, a retired Engineering Department Manager in the Aerospace industry and active member of the West End Public Schools Board of Directors, graciously donated his time, effort, and tools to play a critical role in the building of this ramp. He started volunteering months ago, taking measurements at the wheelchair ramp recipient's home and creating the complicated blueprint for the ramp. He picked up the supplies donated

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May Recipe Ratatouille

For more health, affordable, delicious and easy recipes, see:

<https://cookingmatters.org/recipes>

Serving Size

Serves 4, 1 1/2 cups per serving

Ingredients

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 Tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

Materials

- Baking Sheet
- Cutting board
- Measuring Spoons
- Medium bowl
- Sharp knife

Chef's Notes

- Serve over polenta, spinach, brown rice, whole wheat pasta, or with hearty whole grain bread.
- Top with grated Parmesan cheese, if you like.
- For a faster version, cook veggies in a large skillet on top of the stove with 1 teaspoon oil instead of baking

Instructions

1. Preheat oven to 425°F.
2. Rinse and peel onion. Peel garlic. Rinse eggplant, zucchini, squash, and tomato. Grate cheese.
3. Dice onion and eggplant into ½-inch pieces. Slice zucchini and squash into ½-inch slices. Chop tomato. Mince garlic.
4. In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt, and black pepper. Toss until veggies are well coated.
5. Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes more.

Nutrition Facts

Serving Size 1 1/2 cups (289g)
Servings Per Container 4

Amount Per Serving

Calories 160 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 14g **5%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 3g

Vitamin A 15% • Vitamin C 45%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nucla High School Students Volunteer Cont from page 2

to TCHNetwork from Home Depot stores in Grand Junction and Montrose, and offered up his home to be the initial construction site. In addition, he shared his knowledge of woodworking and his drive to give back to his community to the Nucla High School volunteers.

The project was initially started in response to a TCHNetwork employee's concern for individuals she knew in the West End in dire need of wheelchair ramps that were unable to attain them due to financial limitations (each ramp costs upwards of \$1,500 for just the supplies). The West End community came together with TCHNetwork to start constructing ramps; Len independently built two ramps before partnering with TCHNetwork and NHS on the current ramp. Len firmly believes that the high school students add

a special element to the project. "Seeing the different generations come together to make a difference is really something. I'm proud of the work the students have accomplished so far—they didn't hesitate to jump right in and get their hands dirty."

The next step of the project will be to install the different parts of the ramp that the volunteers constructed at the client's home.



After this ramp is constructed, TCHNetwork will continue to work to improve the health and wellbeing of West End community residents with limited mobility by building additional ramps with the support of volunteers and donated supplies.

For questions or to donate supplies contact Katie Mackay at (970) 708-7096.

-Katie Mackay, VISTA Volunteer

Shopping for High Quality, Lower Cost Services

Shopping is central to the American way of life, even if you don't consider yourself a "hard core consumer." But as Americans, we often don't think of shopping for medical procedures, opting instead to go on referral alone without doing the price comparisons we do in most other areas as consumers.

But medical tests and procedures are one area where we can become better consumers and save money. While insurance companies negotiate on behalf of members for many tests and medical procedures, you will likely be paying some of that cost, so take the time to find the best price.

Often, your health insurance provider can make recommendations

for which facilities or physicians can provide you the needed care at a lower cost. It's important to shop around for these benefits.

Your insurance company negotiates on behalf of its members for many tests and medical procedures. Some costs for medical tests, such as x-rays and MRIs, and other services can widely vary but provide the same result.

Always call your insurance company before having a test or procedure done. They may have a recommended doctor or facility that can save you money.

Even with insurance, you will likely be paying some or all of the cost, so be sure to find the best price and understand what portion of the bill you will be

responsible for paying.

In rural areas, we don't have a lot of providers or facilities to choose from and only you know the value of your drive time. But if your healthcare dollars are strictly budgeted, it's always worth the ask!

To better understand your health insurance benefits and how to use them, contact a TCHNetwork Enrollment Navigator at 970-708-7096.

Thank you for reading this month's HealthMatters newsletter. If you have an event or content that you would like for us to share with our TCHNetwork community contact: info@tchnetwork.org

Improving the health of our communities through innovation & collaboration